Tuesday, March 4, 2014

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BREAKING

Rob Ford made his debut on Jimmy Kimmel Live. For all the antics and reactions, go to metronews.ca.

MORE INSIDE, PAGE 3:
→ Promoting 'Hollywood North'? T.O. film district says no thanks
→ What councillors thought of Ford's late-night appearance — like a "dancing circus bear"

Gates can't give it away fast enough

Billionaire philanthropist once again world's richest person with an estimated worth of $76 billion PAGE 10

The Great Pyramid of Herbalife?

Behemoth health-product company faces allegations that its 'downline' system is just a pyramid scheme PAGE 8

Is modern rap about message or just money?

Old-school advocates point to ignorance of civil-rights legacy in today's rap music PAGE 18

NEWS WORTH SHARING.

TTC lines get old colours, new numbers

Bloor-Yonge station. New navigation system won't rob lines of their traditional monikers

Commuters passing through Bloor-Yonge Station this week might notice a few changes: newly co-ordinated signs with both route numbers and familiar colours, designed to make it easier for newcomers to navigate the system.

For example, the Yonge-University-Spadina Line has been assigned the number 1 and the already-familiar yellow.

"It's really about simplicity," said Chris Upfold, the TTC's chief customer officer.

Bloor-Danforth is Line 2, the Scarborough RT is Line 3 and Sheppard is Line 4. The numbers reflect the order in which they were built.

"We're not getting rid of the names we've used historically," Upfold said. The lines are simply getting a standard number to clear up confusion that occurs with routes referred to in several ways — for example: Yonge, YUS, Spadina.

Subway platforms are also being updated with clearer "you are here" maps.

One reason for introducing a new wayfinding system is that the network is expanding. The Eglinton Crosstown LRT under construction will become Line 5.

"How long could we keep going on adding street names to the lines we have now?" Upfold asked. "At some stage you have to come up with a new convention, so this sets the ground for today, as well as for the future."

TORSTAR NEWS SERVICE

MUCH-NEEDED LUCK

Oleg, a Ukrainian soldier, kisses his girlfriend Svetlana through the front gates of the Belbek military base on Monday in Lubimovka, Ukraine. Tensions at the base, where between 100 and 200 soldiers were stationed, were high as a deadline reportedly given by Russian troops for the Ukrainians to surrender passed and locals feared the Russians might attack Monday night. More coverage, page 6. SEAN GALLUP/GETTY IMAGES

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Toronto councillors weighed in ahead of Mayor Rob Ford's Jimmy Kimmel appearance:

"It's just beyond circus level. I guess it's part of being an international celebrity."

Coun. Josh Colle

"So what if Jimmy Kimmel paid for it? ... If (Ford) wants to go out in a blaze of humiliation, who am I to get in the way?"

Coun. Adam Vaughan when asked how he felt about the fact part of Ford's trip might have been paid for by Kimmel's show

"The mayor needs to give his head a shake.... We've got issues here that need to be tended (to), and I'm not sure that this helps the city of Toronto."

Coun. Giorgio Mammoliti

"I love my city. Today, it's shamefully being represented on the world stage by a dancing circus bear."

Coun. Josh Matlow via tweet. He later added: "My apologies to dancing circus bears."

"I have real work to do."

Coun. Gord Perks

Is Ford sullying T.O.'s good name?

Hollywood hijinks.

Opinions are split on whether Americans are laughing with us or at us

Everywhere Mayor Rob Ford goes, he seems to elicit laughter — from late-night comedians, Hollywood celebrities and even bemused passersby, who clamour to snap photos with him.

But Ford's latest jaunt to L.A. to appear on Jimmy Kimmel Live begs the question: When U.S. viewers laugh at our mayor, are they laughing at Toronto?

"They're laughing at him," said Arthur Fleischmann, president of advertising firm John St. "The city is way more than Ford. A city is always more than its mayor."

Ford insists he is in L.A. promoting Toronto — in particular, the city's booming film industry — and his brother, Coun. Doug Ford, has suggested that the crack scandal "put Toronto on the map."

But on the contrary, Fleischmann said Americans don't think about Toronto enough for the mayor's behaviour to affect our reputation one way or the other.

Ford has admitted to smoking crack cocaine "probably in one of (his) drunken stupors," is the target of an ongoing police investigation and recently engaged in a high-profile dispute with police Chief Bill Blair.

"He's a joke, but he's a joke about something that people don't really think or care that much about anyway," he said. "It's fodder for entertainment and then it's out of their minds almost immediately."

Urbanist Richard Florida, who is director of the Toronto-based Martin Prosperity Institute but originally from the U.S., disagreed. He said the Americans he knows like Toronto "just fine," but are baffled by Ford.

"Just like Canadians could not understand how America elected George W. Bush twice ... Americans cannot understand how a crack-smoking, drunk, anti-government buffoon is still mayor of such a great city," he said.

"I know Torontonians want to find a silver lining here. Trust me, there is none. He has caused real damage to Toronto's reputation as a tolerant, progressive city."

Ford's notoriety has probably had zero effect on U.S. tourism in Toronto, said Gabor Forgacs, of the Ted Rogers Institute for Tourism and Hospitality Research at Ryerson University. **TORSTAR NEWS SERVICE**

In this Sunday photo released by ABC, Mayor Rob Ford is seen on the ninth annual Jimmy Kimmel Live: After the Oscars special, broadcast from the El Capitan Theater in Los Angeles. RANDY HOLMES/ABC/THE ASSOCIATED PRESS

Movie business

No thanks, Rob, we're doing fine without you: Film insiders

Mayor Rob Ford says his jaunt down to L.A. was to promote the city's film industry, but people in the movie business say appearing on late-night TV talk shows does little to bring the Hollywood dollars north.

Greg Nott, manager of Wallace Film Studios, says Ford has become a joke in the film business.

"Rob Ford bringing major motion pictures to Toronto? I just don't see it," he said. "I don't think he would help us at all."

Nott says there are many long-standing relationships and sound financial reasons why American films are often shot in Toronto, and the mayor isn't one of them.

"People in the industry already know where Toronto is," he said. "They've been coming here for years." **TORSTAR NEWS SERVICE**

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Watchdog to review OPP's DNA sweep

Racial profiling allegations. Case dates back to 2013 sex assault complaint

Ontario's police watchdog has launched a review of the DNA sampling practices of the Ontario Provincial Police after a complaint alleging racial profiling in the case of 100 migrant workers. The workers were subjected to a testing sweep, even though for many their only similarity to the suspect's description was skin colour.

It's the second such review announced in a week's time, and the third of its kind since the inception of the Office of the Independent Police Review Director in late 2009.

At the core of the review is the case from the Tillsonburg, Ont., area, where the DNA sweep was conducted in late October 2013 in connection with a police investigation of a violent sexual assault.

Men whose characteristics differed widely from the suspect's description were asked to submit to a DNA test.

Justicia for Migrant Workers, a group that found and interviewed 44 of the 100 people who voluntarily gave samples, learned that roughly half of them were shorter than the specified height of the suspect, and about half were older than 41, when the suspect was said to be in his 20s.

Gerry McNeilly, the independent police review director, said systemic reviews have been rare.

The office receives about 3,500 complaints per year and investigates about half of those, mainly related to police conduct, policy and service matters, he said.

This review is "rare in the sense that it's the third one, but you also have to accept that we've only been in operation since late 2009, and then we were hit with the G20. That took an awfully long time because of the magnitude of it," McNeilly said.

According to the complaint filed by Justicia, a woman in Bayham, Ont., told the OPP she had been sexually assaulted on Oct. 19, 2013, by a muscular black male, between five-foot-10 and six feet tall, with no facial hair.

The OPP announced in December that the force charged 35-year-old Henry Cooper, a migrant worker from Trinidad and Tobago, with sexual assault with a weapon, forcible confinement and uttering death threats.

Cooper wasn't among those identified by Justicia as having submitted samples, outreach worker Chris Ramsaroop said.

TORSTAR NEWS SERVICE

Truck fire makes mess of roads during rush hour

Toronto police and city crews were dealing with the aftermath of a cube truck fire on the eastbound Gardiner Expressway west of Jameson Monday. The fire caused rush-hour gridlock for more than two hours Monday morning — and left quite a mess in its wake. DAVID COOPER/TORSTAR NEWS SERVICE

Trees. T.O's advocate looking for leafy future

Toronto needs to take better care of its trees in the wake of December's ice storm and predictions of more extreme weather due to climate change, councillors say.

Maintenance, especially pruning, can help trees withstand the stress of an ice storm, said Coun. Sarah Doucette, the city's tree advocate.

Doucette said streets in her neighbourhood and High Park itself had less tree damage because pruning was carried out last year.

"I think it's proof that if you maintain your city trees and encourage residents to maintain private trees, we will have far less damage if we do have another ice storm," she said.

The issue was discussed at Monday's parks and environment committee meeting, where staff were asked to report in a year's time on ways to improve tree protection.

Of about 4.1 million trees managed by the city, the city plans to prune about 73,000 trees this year and plant about 78,000.

TORSTAR NEWS SERVICE

'Ridiculous.' Councillor wants rinks open longer

Toronto is working on a way to ensure blades stay in action on outdoor skating rinks when it's cold.

Councillors on the parks and environment committee want to avoid a repeat of this year, when all but 17 of 53 rinks closed Feb. 23, despite continuing frigid temperatures.

"I think it's ridiculous, I don't care what the weather's like, that these rinks close before March break," said Coun. Jaye Robinson. "It's a key recreation activity for kids."

Canadian Tire and Scotiabank came through with a donation of $270,000 to reopen 11 rinks, making 28 now available for use through next week's school break.

Robinson said corporations could be asked to contribute to an ongoing contingency or reserve fund, to extend the outdoor skating season in 2015 and future years if weather permits.

If private-sector help can't be found, the city should have its own funds available, said Coun. Sarah Doucette.

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RICK MERCER REPORT
Rick trains with Mark Arendz for the Sochi 2014 Paralympic Winter Games in Lake Louise, Alberta.
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A disturbance

Cops allege woman ordered dog to attack officers

Police in Barrie, Ont., say a woman who ordered her dog to attack officers is in custody.

Officers called to a disturbance Monday morning say they found a man and woman involved in a verbal argument.

Police allege the woman ordered a large dog to attack and it lunged at the investigating officers.

The officers were able to bring the dog under control.

As a result of the command to the dog, investigators say the woman is charged with assault with a weapon.

The woman is being held for a bail hearing and the dog was taken to the pound for safekeeping.

THE CANADIAN PRESS

PC calls for resignation

Security costs of Pan Am Games jumps by $33M

The Progressive Conservatives demanded the resignation of the Ontario cabinet minister in charge of the 2015 Pan American Games in Toronto on Monday after it was announced security costs for the event had jumped by $33 million.

While Tourism Minister Michael Chan was assuring the legislature the Games were on time and on budget, the government announced the estimated costs of security will increase to $239 million from the last estimate of $206 million. The original cost of security built into the Toronto 2015 Pan Am budget was $113 million.

Chan has no ability to control rising costs for the international sporting event and should resign or be fired, said PC critic Rod Jackson.

THE CANADIAN PRESS

No foul play suspected

Toronto tourist drowns in Cayman Islands snorkeling

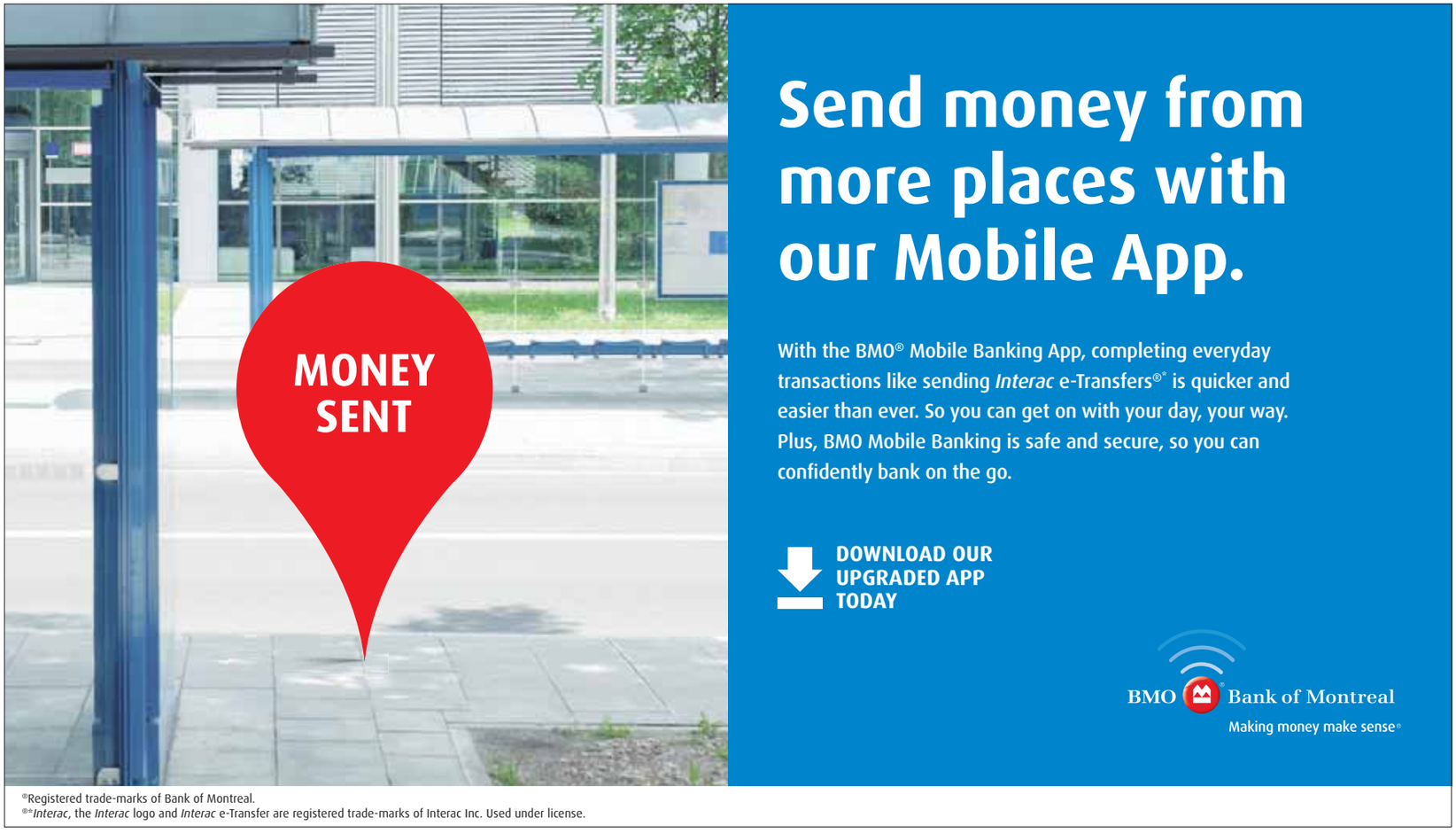
A 46-year-old Canadian tourist in the Cayman Islands has apparently drowned while snorkeling off a popular beach.

The Royal Cayman Islands Police Service on Monday identified the dead vacationer as Timothy Mullin of Toronto. He and his mother arrived in the British Caribbean territory Saturday.

Investigators say Mullin went snorkeling alone Sunday afternoon in Grand Cayman, the territory's main island. About an hour later, two divers found his motionless body on the ocean floor in about six metres of water.

The divers brought Mullin back to shore and alerted rescuers. An ambulance rushed him to a hospital where he was pronounced dead.

THE ASSOCIATED PRESS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Pleas continue for funding of rare disease drug

Madi Vanstone, 12, of Beeton (north of Toronto) holds a news conference at Queen's Park Monday to press for coverage of the drug Kalydeco, which keeps her out of hospital and costs $349,000 a year. ROB FERGUSON/TORSTAR NEWS SERVICE

Compromising costs. Alberta, which is leading talks on Kalydeco, has made 3 proposals to the drug maker but it has rejected them: Wynne

Alberta and Ontario say they'll renew their efforts to negotiate a reasonable price for a costly drug after a 12-year-old girl pleaded for the government to fund the life-saving treatment.

Madi Vanstone, from Beeton, Ont., has been taking the drug Kalydeco to treat a rare form of cystic fibrosis, a genetic disease that creates a sticky, thick mucus which builds up in the lungs and affects other organs.

But the cost of the pills — $349,000 a year — isn't covered in Ontario, leaving her family and friends to raise the money to pay for the drug.

Since she started taking the drug, she can play with her friends outside and climb the stairs without struggling for breath, Madi said.

Quoted

"Obviously the premier believes the price is more important than the quality of life for a 12-year-old girl and others who need the drug."

Progressive Conservative Jim Wilson

"I didn't have any energy, I had headaches all the time, bellyaches," she said. "And now, that's just gone."

Her 15-year-old sister Jessica said Madi missed months of school last year. But since she's been taking Kalydeco, she hasn't missed a day. She's even taken up sports like running.

Ontario Premier Kathleen Wynne, who met with Madi and her mother, said the drug isn't covered yet because the price is still under negotiation.

THE CANADIAN PRESS

Russia setting agenda in Ukraine

'Dangerous escalation.' The U.S. government warned they would hold Russia accountable for threats to Ukraine's navy

Russia called for the adoption of a national unity deal in Ukraine even as it tightened its stranglehold over Crimea, an audacious combination of diplomacy and escalating military pressure. The U.S. and European Union floundered for solutions — while global markets panicked over the prospect of violent upheaval in the heart of Europe.

Fears grew that the Kremlin might carry out more land grabs in pro-Russian eastern Ukraine, adding urgency to Western efforts to defuse the crisis. U.S. Secretary of State John Kerry was heading to Kyiv in an expression of support for Ukraine's sovereignty, and the EU threatened a raft of punitive measures as it called an emergency summit on Ukraine for Thursday.

But it was Russia that appeared to be driving the agenda.

Foreign Minister Sergey Lavrov said at a UN Human Rights Council session in Geneva that Ukraine should return to an agreement signed last month by pro-Russian President Viktor Yanukovych — but not Moscow — to hold early elections and surrender some powers. Yanukovych fled the country after sealing the pact with the opposition and foreign ministers of France, Germany and Poland.

"Instead of a promised national unity government," Lavrov said, "a government of the victors has been created."

Fugitive president

Ukraine's mission to the United Nations claimed Monday that 16,000 Russian troops have been deployed in the strategic Crimea region.

- Russia's UN ambassador told an emergency Security Council meeting that Ukraine's fugitive president requested them.

Russian President Vladimir Putin, centre, and Defense Minister Sergei Shoigu, left, and the commander of the Western Military District Anatoly Sidorov, right, walk to watch military exercises near St. Petersburg, Russia on Monday. MIKHAIL KLIMENTYEV/PRESIDENTIAL PRESS SERVICE/RIA-NOVOSTI/THE ASSOCIATED PRESS

Meanwhile, Ukrainian authorities said that Russian troops had issued an ultimatum for two Ukrainian warships to surrender or be seized — prompting the country's acting president to accuse Russia of "piracy."

Ukraine's corvette Ternopil and the command ship Slavutych were being blocked by four Russian navy ships in Sevastopol's harbour, a Ukrainian military spokesman said. Acting president Oleksandr Turchynov said commanders and crew were "ready to defend their ships."

Vladimir Anikin, a Russian defence ministry spokesman, dismissed the report of a Russian ultimatum as nonsense but refused to elaborate. THE ASSOCIATED PRESS

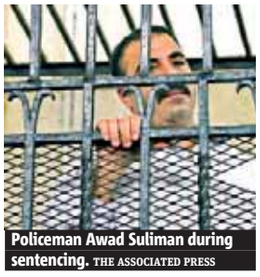
Tactics

Not so quiet on the Western front

The U.S and major allies strained on Monday to rally a strong Western front to persuade Russia to step back from a military takeover of Ukraine's strategic Crimea region. But several acknowledged there are few options beyond already-threatened economic and diplomatic penalties, and critics said Obama administration efforts were too little.

President Barack Obama called the Russian advance in Crimea a violation of international law. He urged Congress to approve an aid package for the Ukrainian government, and repeated earlier threats that the U.S. would take steps to hurt Russia's economy and isolate it diplomatically if President Vladimir Putin does not back down.

Egyptian cops get 10 years for beating death that helped set off 2011 uprising



Policeman Awad Suliman during sentencing. THE ASSOCIATED PRESS

A court sentenced two policemen on Monday to 10 years in prison for the 2010 brutal beating death of a young Egyptian that became a rallying cry for the protesters who overthrew longtime autocrat Hosni Mubarak.

Rights groups however said the years-long wait before anyone was held accountable for the killing of 28-year-old small businessman Khaled Said in the port city of Alexandria highlights that the wider problem of police abuse, a major grievance of the 2011 protesters, remains unresolved.

Photographs of the dead Said's face, disfigured by what appeared to be a brutal beating, were posted on the Internet and became a rallying cry against torture and other police brutality under Mubarak. Activists used a Facebook page set up in Said's memory to call for the protests that ultimately forced Mubarak from power in February 2011.

Authorities long denied that Said was killed, with successive forensic reports and official statements claiming he had choked on a packet of drugs he swallowed to hide it from the approaching policemen.

The two low-ranking policemen — Awad Suliman and Mahmoud Salah — had previously been convicted and handed sentences of seven years but that conviction was later overturned and a new trial was ordered.

Said's sister Zahraa said her brother was finally vindicated after the Alexandria court confirmed he died under torture and not from suffocation from swallowing drugs. THE ASSOCIATED PRESS

The verdict

Lawyer Mohammed Zarie said the verdict was only possible after the fall of Mubarak's regime.

- He added that the long-delayed verdict reveals the faults in a system that protects officials.

Pompeii

Wall of ancient shop collapses

A section of wall around an ancient shop in Pompeii is the latest casualty of rain in one of Italy's most popular archaeological sites.

Pompeii's archaeological office said Monday a section of the recently restored wall had collapsed. The damage is in an area long closed to the public, at the edge of the excavations of the ancient Roman city. Officials said inadequate drainage in the unexcavated part is particularly worrisome. Rains lashing the Naples area recently were also blamed for damage discovered Sunday in other parts of Pompeii. THE ASSOCIATED PRESS

Bible tracts

North Korea deports Australian missionary

North Korea on Monday deported an Australian missionary detained for spreading Christianity in the country, saying he apologized for his anti-state religious acts and requested forgiveness.

Authorities in North Korea had arrested John Short for secretly spreading Bible tracts near a Buddhist temple in Pyongyang on Feb. 16, the birthday of late leader Kim Jong-il, the North's official Korean Central News Agency said. The report said that Short, 75, admitted he committed a crime that hurt the Korean people's trust in their leaders. THE ASSOCIATED PRESS

Agricultural woes

Mozambique facing famine

Mozambique agriculture minister Jose Pacheco says that more than 300,000 people in the southern African state face famine this year.

Speaking on state radio on Sunday, Pacheco said the famine, which affects mainly the central and southern regions of Mozambique, has been caused by various factors, including drought, flooding and insect plagues. Crops are also being destroyed by wild animals, such as elephants and hippos.

Pacheco said the government is developing mechanisms to help peasant farmers produce more food. THE ASSOCIATED PRESS

Witness at Pistorius trial recalls screams

Oscar Pistorius is escorted out of the high court after the first day of his murder trial in Pretoria, South Africa, Monday. The first witness — Michelle Burger, who lives about 180 metres from Pistorius' house — testified to hearing "blood-curdling" screams from a woman before she heard four gunshots on the night the double-amputee Olympian killed his girlfriend. Pistorius is charged with murder with premeditation in the shooting death of girlfriend Reeva Steenkamp in the pre-dawn hours of Valentine's Day 2013. THE ASSOCIATED PRESS

Obama pressures Israel as peace talks deadline looms

Israeli-Palestinian conflict. U.S. seeking to get both sides to sign a framework by the end of April

Seeking to salvage an elusive Middle East peace plan, U.S. President Barack Obama pressed Israeli Prime Minister Benjamin Netanyahu Monday to make the "tough decisions" needed to move forward on talks with the Palestinians.

But facing a U.S.-imposed April deadline, the Israeli leader declared pessimistically that, "Israel has been doing its part and, I regret to say, the Palestinians have not."

Obama and Netanyahu spoke before a White House meeting in Washington that marked a more direct foray by Obama into the peace negotiations, which he has so far largely ceded to Secretary of State John Kerry.

Kerry has made nearly a dozen trips to the region over the past year and is seeking to get both sides to sign a framework by the end of April that would serve as a guide for negotiations on a permanent solution to the long-running conflict.

The framework aims to address the core issues in the dispute, including borders between Israel and a future Palestine, the fate of Palestinian refugees and the status of the holy city of Jerusalem.

THE ASSOCIATED PRESS

West Bank settlements

Building activity doubled last year

Israel began building more than twice as many West Bank settlement homes in 2013 than it did the previous year, Israel's central bureau of statistics said Monday, just hours before its prime minster faced President Barack Obama in Washington.

In its annual roundup of the Israeli housing market, the bureau said work began on 2,534 new housing units in the settlements in 2013, compared to 1,133 in 2012.

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Want to make thousands at home?

Do your research first. Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight loss and health products for more than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — more than 13,000 in Canada.

Distributors make money two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and re-selling them at a profit.

The second is payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues bonuses and all-expenses paid vacations to certain distributors with high-performing downlines.

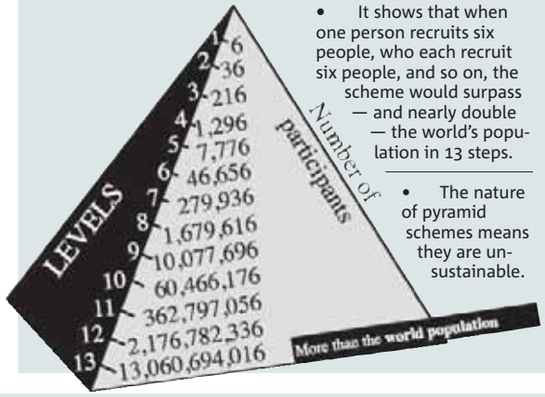
Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.

Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



- It shows that when one person recruits six people, who each recruit six people, and so on, the scheme would surpass — and nearly double — the world's population in 13 steps.
- The nature of pyramid schemes means they are unsustainable.

Hope vs. reality

Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits' high hopes and the reality of Herbalife.

Herbalife hope

• New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

Herbalife reality

• The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of $102.75, the distributor's profit is just $5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

Herbalife hope

• Selling Herbalife products at the suggested retail price is easy.

Herbalife reality

• There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

Herbalife hope

• Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying $4,000 worth of product from Herbalife in one month or $2,500 and $2,500 in two consecutive months, and reselling it.

Herbalife reality

• Some Herbalife distributors become a "supervisor" by paying Herbalife $4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

Herbalife hope

• Herbalife distributors have become wealthy by building up large "downline" organizations.

Herbalife reality

• Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than $10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than $1,000 from their "downlines."

Herbalife hope

• The people who don't make money just aren't trying hard enough.

Herbalife reality

• Eighty-eight per cent of Canadian distributors collected no payments from Herbalife in 2012. About 17 per cent of the company's total 13,786 Canadian distributors have put in the work to become "sales leaders with a downline" which means they, or someone in their downline, bought a significant amount of product from Herbalife — but three out of four of them made less than $1,000 in compensation in 2012.

Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard in terms of its consumer-protection policies, including clear, accurate and timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."

Rapid growth 'compromised' medical pot program: Feds

'Significant unintended consequences.' Growing medical marijuana at home poses fire hazards, threat of crime for users, says government

The growth of the federal medical marijuana program has "seriously compromised" the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people authorized to possess — and often grow — marijuana under the program has risen to 37,000 this year from fewer than 100 in 2001, resulting in "significant unintended consequences."

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including fire, toxic chemicals and home invasion by criminals.

It says the number of licensed users could climb as high as 400,000, adding it is not possible for Health Canada to effectively inspect tens of thousands of production sites across the country.

The government also rejects legal arguments that denying people the right to produce their own pot would violate their Charter of Rights guarantee of "security of the person."

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail.

THE CANADIAN PRESS

Sexist note sends pilot's anger sky-high

Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria Sunday have prompted a heated response from the seasoned flier.

Carrie Steacy, a pilot of 17 years who currently works for WestJet, said she was "shocked" when alerted to the message left by someone named "David," who was believed to be seated aboard Flight No. 463.

David wrote that the cockpit of an airplane is "no place for a woman," and asked that WestJet alert him the next time "a fair lady is at the helm, so I can book another flight!"

Steacy didn't take the comments lying down, posting a heated response to her Facebook page that instantly generated hundreds of reposts and comments.

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no c***s are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."

"I just couldn't believe there are still people in this country that think like that," Steacy told Metro. "It just shocked me."

WestJet was also quick to denounce the comments.

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM EMILY JACKSON

A portion of a sexist note left aboard a Calgary flight has stirred criticism from the pilot targeted by the remarks. FACEBOOK

Lawyer suing Sun News host in $100K defamation suit

Ezra Levant is shown at the University of Ottawa in March 2010. Saskatchewan lawyer Khurrum Awan, who says Levant defamed him in a series of blog posts by labelling him a jihadist and a liar, is seeking $100,000 in damages. PAWEL DWULIT/THE CANADIAN PRESS

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Market Minute

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United States

Supreme Court to look at who gets to whiten teeth

The Supreme Court will examine the North Carolina dental regulatory board's claim that only dentists should be allowed to whiten teeth. The justices agreed to hear the state's Board of Dental Examiners' challenge. THE ASSOCIATED PRESS

Russia

It turns out invading another country is not good for the bottom line

Russia's stock market dropped about 10 per cent on Monday and its currency fell to its lowest point ever against the dollar and the euro as worries grew over the potential economic repercussions of the crisis in neighbouring Ukraine.

Russia intervened over the weekend to take control of Crimea, a Ukrainian peninsula with strategic importance, and the new government in Kyiv fears a wider invasion. The West responded by questioning Russia's membership in the Group of Eight leading industrialized democracies, and the U.S. threatened possible asset freezes and trade penalties.

The Moscow Exchange fell about 10 per cent in the first hour of trading Monday, although it later recovered slightly. THE ASSOCIATED PRESS

Ball's back in Bill Gates' court as he regains title

Spinning in his favour. Billionaire philanthropist named world's richest person, with his net worth estimated at $76B

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at $76 billion US; Slim Helu follows at $72 billion US.

Spanish clothing magnate Amancio Ortega, known for the Zara retail chain, maintained his third-ranked spot and came out ahead of famed U.S. investor Warren Buffett, who ranked fourth. Larry Ellison of Oracle came in fifth.

Forbes says a record 1,645 billionaires made the list this year, with an average net worth of $4.7 billion US. That's up from 1,426 billionaires last year with a net worth of $4.2 billion US. Total net worth of this year's list was $6.4 trillion US, up from $5.4 trillion US last year.

The magazine said that 1,080 of the billionaires were self-made, 207 inherited their wealth and 352 inherited a portion but are still growing it.

Forbes said 268 billionaires were new to the list, beating out a prior high of 226 newcomers in 2008. And a record number of women made the list this year, with 172 women joining, up 25 per cent from last year.

Altogether 100 people dropped out of the rankings, while 16 passed away.

The U.S. was the country with the greatest number of billionaires at 492, followed by China with 152 and Russia with 111. Billionaires from four new countries joined, adding Algeria, Lithuania, Tanzania and Uganda to the geographic mix. THE ASSOCIATED PRESS

Know what's cool? $28.5 billion

The largest net worth gainer on the list was Facebook's Mark Zuckerberg, who more than doubled his fortune to $28.5 billion US as the value of his company's stock soared. He currently ranks 21st on Forbes magazine's latest ranking of the world's billionaires.

- The social media giant based in Menlo Park, Calif., helped bring a few notable newcomers to the list, including Facebook's celebrity chief operating officer Sheryl Sandberg and WhatsApp founders Jan Koum and Brian Acton, who recently sold their business to Facebook for a whopping $19 billion US.

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45	16	13	23	17	33	22
65	61	41	146	94	285	183

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Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffet came in fourth place. NATI HARNIK/THE ASSOCIATED PRESS FILE

Mansbridge. CBC anchor defends paid speeches

CBC News anchor Peter Mansbridge defended himself Thursday after a report that he made a paid speech to petroleum producers, saying he has never publicly promoted or opposed oilsands development.

"If I leave a speech and those in attendance think they know where I stand on any controversial issue, then they're guessing. Because they won't find it in the words I've spoken," he wrote in a blog post on the CBC website.

"I would not, do not, and have not, given a speech either promoting oilsands development or opposing it."

The anchor of The National said he gives about 20 speeches each year, about half of them unpaid. When he receives a fee, he often donates part or all of the money to charity, he said.

THE CANADIAN PRESS

Conflict of interest?

"The problem is in the money received."

Jeffrey Dvorkin, a former managing editor for CBC Radio, told As It Happens

Mt. Gox. Bitcoin exchange blames theft for collapse

The Tokyo bitcoin exchange that filed for bankruptcy protection blamed theft through hacking for its losses, and said it was looking into a criminal complaint.

In an announcement posted on the Mt. Gox exchange's website, CEO Mark Karpeles outlined the events that resulted in the company's insolvency and said there was a "high probability" theft was behind the disappearance of bitcoins.

"We will make all efforts to ensure that crimes are punished and damages recovered," Karpeles said. He said Mt. Gox will try to resume business as a way of increasing repayments to its creditors.

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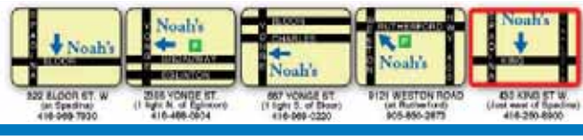

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PROPER SPELLING IS SEXY

SHE SAYS

Jessica Napier
metronews.ca

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Matess." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriotic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean we should throw etiquette out the window when it comes to the written word.

In her book Eats, Shoots & Leaves, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of The Canadian Press Stylebook, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

ZOOM

A foxy way to predict weather

JUAN KARITA/THE ASSOCIATED PRESS

Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

Birds' nests foretell rain

1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

Climate change challenge

"We knew it was going to rain a lot."

Francisco Condori, traditional meteorologist in Bolivia

And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

Clickbait

DYLAN ROBERTSON
Metro Online

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Not the best at romance? Keeping up is hard to do. These apps can help you stay on good terms with your sweetie. Yes, these are real apps.

BroApp:
This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. ($1.99, iOS)

Romantic Ideas:
This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo collages and bedroom shenanigans. (free, iOS and Android)

BreakupText or Clean Break Up Texts:
If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: $1.99, iOS; Clean Break Up Texts: free, Android)

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DVD review

12 Years A Slave

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history. Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror. The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender). Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson). **PETER HOWELL**

Need For Speed opens next Friday. CONTRIBUTED

From meth to speed: Aaron Paul shifts gears

Need For Speed.
Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL
colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

"My first car was an '82 Toyota Corolla," says Paul. "It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good car of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul. "So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul. He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of…"

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed. "I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time."

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Rappers out of tune with black icons

Disrespect. Musicians' plundering of civil rights legacy creates uproar

Malcolm X and rap music have always fit together like a needle in the groove, connected by struggle, strength and defiance. But three recent episodes involving the use or misuse of Malcolm and other black icons have raised the question: Has rap lost touch with black history?

Chart-topping rap artist Nicki Minaj provoked widespread outrage with an Instagram post featuring one of black history's most poignant images: Malcolm X peering out the window of his home, rifle in hand, trying to defend his wife and children from firebombs while under surveillance by federal agents. Superimposed on the photo: The title of Minaj's new song, which denigrates certain black men and repeats the N-word 42 times.

In this 1998 file photo, Chuck D from the rap group Public Enemy speaks to Columbia University students in New York. Jermaine Hall, editor-in-chief of Vibe, the hip-hop magazine and website, says, "In the 1980s, whether it was KRS-One, Public Enemy, or the Native Tongues, that entire movement, it was very in tune with black history. They knew everything about Malcolm, about Martin, about Rosa Parks. Now, the new rappers just aren't as in tune." THE ASSOCIATED PRESS FILE

That came after Minaj's mentor Lil Wayne recorded a verse last year using the civil rights martyr Emmett Till in a sexual metaphor, and the hip-hop mogul Russell Simmons posted a Harriet Tubman "sex tape" video on his comedy channel.

What is happening to mainstream rap music, which was launched by Simmons and is now ruled by the likes of Minaj and Wayne?

"I don't want to say today's rappers are not educated about black history, but they don't seem as aware as rap generations before them," said Jermaine Hall, editor-in-chief of Vibe, the hip-hop magazine and website.

While previous generations had to struggle with the racism and neglect of the 1970s or the crack epidemic of the 1980s, Hall said, today's young people have not faced the same type of racial struggle — "They're sort of getting further and further away from the civil rights movement."

"In the '80s, whether it was KRS-One, Public Enemy, or the Native Tongues, that entire movement, it was very in tune with black history," Hall said. "They knew everything about Malcolm, about Martin, about Rosa Parks. Now, the new rappers just aren't as in tune."

Indeed, Minaj issued a statement expressing disbelief at the uproar and apologizing to Malcolm's family "if the meaning of the photo was misconstrued." Wayne wrote to the Till family to "acknowledge your hurt, as well as the letter you sent to me via your attorneys." Simmons was the only one to say, "I am sincerely sorry."

The apologies did not change much for Pierre Bennu, a filmmaker and artist who said Malcolm X's life was dedicated to advocating for the humanity of black people, while Minaj's song was simply dehumanizing.

The episode inspired him to post a mash-up video laying Minaj's song over the infamous 1941 Walter Lantz cartoon Scrub Me Mama With a Boogie Beat, which depicts a town of lazy black people hypnotized by a seductive washerwoman.

Paradise Gray, who performed in the 1980s with the Afrocentric rap group X Clan, said, "Mainstream rap music has lost its reverence for anything besides money."

Today's rappers threaten to kill people who disrespect them, "but they sit back and let you disrespect our legacy, our culture, our history," he said.

"What," Gray asked, "will the disrespect of your humanity and your blackness cost you?" THE ASSOCIATED PRESS

Changing values

"Mainstream rap music has lost its reverence for anything besides money."

Paradise Gray, who performed in the 1980s with the Afrocentric rap group X Clan.

Early days of hip-hop

Malcolm X 'an emcee'

Jasiri X, a rapper whose music focuses on black empowerment and current events, said many of today's mainstream rappers use images of revolutionary black icons to promote an anti-establishment image.

"I see Nicki and other artists, whether Kanye or Jay-Z, adopting these revolutionary images or using a clip or saying their name, but never practice the principles which these revolutionaries gave their lives for," Jasiri said.

Hip-hop began in the early 1970s as an alternative to gang activity. Before the music was recorded, founding fathers like DJ Afrika Bambaataa would play Malcolm X's voice over instrumental break beats.

"Not only did it sound funky but it helped raise our consciousness," hip-hop historian Davey D wrote on his website.

Davey attended many early rap concerts at Harlem's Audubon Ballroom, where Malcolm was assassinated. As the music gained steam, X was constantly honoured on wax. KRS-One duplicated Malcolm's gun-in-the-window pose on the cover of his 1988 classic album, By Any Means Necessary. In 1991, Tupac rhymed on Words of Wisdom: "No Malcolm X in my history text, why is that?/ Cause he tried to educate and liberate all blacks."

Malcolm's voice and image appeared on so many records and videos, "many would remark that he was an emcee," Davey wrote.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

30 Seconds 'til I figure this situation out

MELINDA TAUB
Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on Ellen last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in Dallas Buyers Club, announced last night to E!'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.

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LIFE 3

Because I'm happy...

Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of The Illustrated Happiness Trap. ISTOCK

Q&A. While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

LASSE EMIL KRISTIANSEN
Metro News in New York City

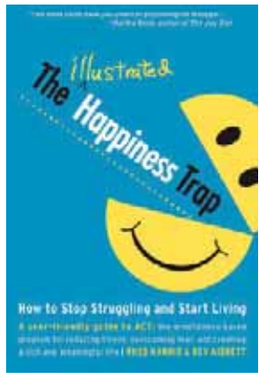
Happiness is not always about feeling good, says physician and therapist Russ Harris.

He's the author of The Illustrated Happiness Trap, which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

Can you try to describe what happiness is?
Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

How is this book different from all the other books about happiness?
Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

Is it normal to have self-doubt on the road to happiness?
Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious thoughts and feelings flow through you, without getting caught up in them or swept away by them.



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Some food trends are here to stay — really

There are some food trends that are here to stay, including less salt . ISTOCK

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, our registered dietitian columnist Sue Mah shares some popular food movements that she says are here to stay. "In my 20 years as a dietitian," she says, "I've learned that the world of nutrition is like fashion — fads come and go. But thanks to new research, some trends will stand the test of time." Here are four:

Getting smart about carbs
We shouldn't be cutting out all carbs. They provide B vitamins, iron and fibre, and are good fuel for our muscles and brain. The key is to choose whole-grain carbs (such as brown rice and barley) more often than refined carbs (such as white rice or white pasta). Whole grains have more vitamin E, magnesium and zinc. Yes, gluten-free is a huge trend too, but another reason grains like buckwheat and quinoa are here to stay is because they are a source of protein.

Eating socially conscious meats
Many grocery store chains such as Longo's, Whole Foods and Sobeys offer meats that have been certified to be humane by the Humane Farm Animal Care, a non-profit organization. That means animals are fed a nutritious diet, raised without antibiotics and allowed sufficient space for grazing. This meat does cost more, but hopefully as demand rises, prices may come down. To find stores that sell certified-humane products, go to certifiedhumane.org.

Being sensible about sodium
The average Canadian eats about 3,400 mg of sodium every day, which is equal to about one and a half teaspoons of salt. Most of that comes from packaged foods. We do need sodium to control our blood pressure and help our muscles and nerves to work properly, but too much can lead to high blood pressure. Health Canada recommends we limit sodium to 1,500 mg a day, but Hypertension Canada reviewed the latest science and found that, for most adults, cutting back to a maximum of 2,000 mg of sodium (just under one teaspoon) daily — a target I feel is more achievable — can still have beneficial effects on blood pressure. Speak to your doctor about what's right for you.

Having better breakfasts
Gone are the days of eating only a muffin for breakfast. The trend is now toward eating protein in the morning to help you feel full, which may minimize overeating during the day. Protein also helps build antibodies and muscles. Aim for 25 to 30 grams of protein at breakfast. Here are two breakfast ideas that each have 25 grams of protein: A peanut butter sandwich on whole-wheat with a glass of skim milk (440 calories); or two scrambled eggs with ham and a cup of soy beverage (390 calories).

For one more breakfast idea, plus lots of easy, family-friendly recipes, pick up the March/April issue of Best Health.

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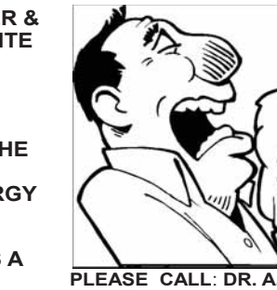

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• Sanitize hot spots: Cold and flu viruses are more frequently transmitted from non-porous surfaces, such as plastic, finished wood, and metal. Once a day, use an anti-bacterial wipe to disinfect the frequently touched hard surfaces around your home, including faucet handles, doorknobs, phones, countertops, keyboards, and remote controls.

• Keep hands clean: Because hand-to-hand and hand-to-surface contact are two of the most common ways to spread viruses, frequent hand washing is essential. Also consider getting bottles of hand sanitizer for places far from sinks, such as the car, garage, basement, and high-contact places away from home, like work or the gym.

• Separate the rations: Avoid serving foods communally. Pour snacks into individual containers rather than letting everyone reach into the bag.

• Issue tissues: Sneezing spreads germs quickly. Give your family members tissues to carry with them, and stash boxes or travel packs in key places, like the kitchen, bathrooms, bedrooms, glove boxes, backpacks, and purses. For extra care, check out Puffs Plus® with the Scent of Vicks® non-medicated facial tissue.

• Be faster about first aid: Cold and flu viruses and germs usually enter the body through the nose, mouth, or eyes, but cuts or abrasions also can be an entryway. Treat them with antiseptic, and apply a fresh bandage quickly.

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NUTRI-BITES
Theresa Albert
DHN, RNCP
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Scallops are one of the fastest weeknight seafoods you can imagine.

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Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

THERESA ALBERT
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

It is quick and the side dish of squash and bacon can be made days in advance and kept for that gastronomic weeknight meal you crave but don't normally have time for.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15 minutes until just fork tender but with bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

FLASH FOOD

From your fridge to your table in 30 minutes or less

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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What's in store for a future fashionista?

Try this career on for size. How to set up shop, and keep it from closing, in the middle of a major metropolis

ELIZABETH BEDDALL
elizabeth.beddall
@metronews.ca

From its modest boutique beginnings in Ottawa in 2006, Victoire has stretched its style beyond the capital and recently taken a new home along Toronto's Ossington Avenue. CONTRIBUTED

Along the ever-evolving Ossington strip that leads pedestrians south from Dundas to Queen Street, a regular visitor wouldn't be shocked to walk into a quaint fashion boutique one week and see the same place boarded up the next.

Opening up a standalone store in a trendy Toronto neighbourhood takes guts. But in a town where fashion trends are as quick to vanish as the stores that supply them, a little gumption and some serious entrepreneurial spirit can go a long way towards keeping a fashion boutique open for more than a hot minute.

"If you're thinking about it when you're in your early '20s there is no better time to do it," says Regine Paquette, co-owner of Ottawa's popular Victoire boutique, which opened its newest location at 129 Ossington Ave. in Toronto last week.

"The reality is, unless you're very, very lucky, you won't make a lot of money at first. And even now, we're still making a modest income. So you have to love it."

Paquette and her best friend Katie Frappier, who first opened a tiny boutique in Ottawa when they were fresh out of university, say they have managed to keep their seven-year-old clothing empire alive and thriving by focusing less on the fashions and more on creating an accessible and engaging atmosphere.

"We hardly pay attention to trends or forecast reports or what's happening now," says Paquette. "We really just want to have a well-merchandised, edited space that's presented in an interesting way."

And an carefully selected staff seems as important to the girls as the frocks out on their floor.

"This year was the first year that we actually hired someone with retail experience," she adds. "We've always hired based on personality type. Are you going to be a pleasant person when people come in and shop?

"Some boutiques can feel really intimidating — we always wanted Victoire to not feel like that at all. That's why I really think people have stuck with us."

And for those who dream of doling out designer duds but can't fathom the commitment of opening a physical store, there's the option of sticking to a virtual venue.

"I've always been a maker and a seller," says Andrea Winkler, owner of online boutique Better Stay Together. "In Grade 3 I crocheted hair bands and sold them to my friends at recess and I beaded friendship bracelets by the hundred. Twenty five years later I have an online store."

Luckily, as her passion for fashion grew, the popularity of Internet shopping followed suit. Now, she's the manager of a fully functional online boutique from which she sells her own one-of-a-kind pieces as well as hand-picked vintage finds.

Constructed using vintage fabrics, this navy print tunic is available for $50 at Andrea Winkler's online boutique, betterstaytogether.com.

Her foray into e-commerce began with a T-shirt featuring a screen-print of a dog. The shirt was modelled by Winkler herself, in a selfie-style photo taken against her closet door, and sold on eBay for a humble $9.99.

"Don't be afraid to start small," she says. "There are a lot of elements that need to come together to run an online shop: design, production, photography, web knowledge, money, time management... It's frustrating when you are lacking a necessary skill, but it's OK not to know everything. Build a resource of other small business owners who can help you along the way."

And if possible, she adds, choose a living space that offers options for overstock.

"Finding an apartment with a huge closet was a bonus."

The road to retail

If opening up a fashion boutique were simple, there would be a clothing rack on every corner. But Krysten Caddy and Janine Heller, co-owners of clothing boutique Coal Miner's Daughter (with locations on Queen West and in the Annex) have done their best to narrow down six steps to success for you burgeoning business owners out there.

Janine Heller and Krysten Caddy at the 744 Queen St. W. location of their boutique, Coal Miner's Daughter. ALEX WESSON

- 1) Write a business plan to help nail down your concept and philosophy. What do you want to sell, to whom, and why?
- 2) Get the money, understand the costs involved and figure out how you'll afford to start up. Think personal investment, bank financing or finding investors.
- 3) Get an idea of the vibe; merchandising, displays, social media strategy and the overall tone. Who are you?
- 4) Location location location! Do you want to be where the action is, or do you want to be a destination?
- 5) Secure your suppliers: find them directly or talk to agencies that represent your favourite brands.
- 6) Have fun!

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The science behind the survivor

Fight back with facts.
After battling a rare liver cancer, NYC high-school student applies her computer science skills to analyzing tumours

Elana Simon spearheaded a study that led a team of researchers to find a gene flaw involved with the disease. She plans to study computer science at Harvard next fall.
ZACH VEILLEUX /THE ASSOCIATED PRESS

First the teenager survived a rare cancer. Then she wanted to study it, spurring research that helped scientists find a weird gene flaw that might play a role in how the tumour strikes.

Age 18 is quite young to be listed as an author of a study in the prestigious journal Science. But the industrious high school student's efforts are bringing new attention to this mysterious disease.

"It's crazy that I've been able to do this," said Elana Simon of New York City, describing her idea to study the extremely rare form of liver cancer that mostly hits adolescents and young adults.

Making that idea work required a lot of help from real scientists: Her father, who runs a cellular biophysics lab at the Rockefeller University; her surgeon at Memorial Sloan Kettering Cancer Center; and gene specialists at the New York Genome Center.

A second survivor of this cancer, who the journal said didn't want to be identified, also co-authored the study.

Together, the team reported that they uncovered an oddity: A break in genetic material that left the "head" of one gene fused to the "body" of another.

That results in an abnormal protein that forms inside the tumours but not in normal liver tissue, suggesting it might fuel cancer growth, the researchers wrote. They've found the evidence in all 15 of the tumours tested so far.

It's a small study, and more research is needed to see what this gene flaw really does, cautioned Dr. Sanford Simon, the teen's father and the study's senior author.

Simon was diagnosed at age 12. Surgery is the only effective treatment, and her tumour was caught in time that it worked. But there are few options if the cancer spreads, and Simon knows other patients who weren't so lucky.

A high school internship during her sophomore year let Simon use her computer science skills to help researchers sort data on genetic mutations in a laboratory studying another type of cancer.

Simon wondered, why not try the same approach with the liver cancer she'd survived?

The hurdle: Finding enough tumours to test. Only about 200 people a year worldwide are diagnosed, according to the Fibrolamellar Cancer Foundation, which helped fund the new study. There was no registry that kept tissue samples after surgery.

But Simon's pediatric cancer surgeon, Sloan-Kettering's Dr. Michael LaQuaglia, agreed to help, and Simon spread the word to patient groups. Finally, samples trickled in, and Sanford Simon said his daughter was back on the computer helping to analyze what was different in the tumour cells.

At the collaborating New York Genome Center, which genetically mapped the samples, co-author Nicolas Robine said a program called FusionCatcher ultimately zeroed in on the weird mutation.

Sanford Simon said other researchers then conducted laboratory experiments to show the abnormal protein really is active inside tumour cells. He calls it "an exciting time for kids to go into science," because there's so much they can research via computer.

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SPRING LENDING

Tuesday, March 4, 2014

Ask the right questions when shopping for a mortgage. For example, know what to ask beyond the interest rate, term and amortization. LDPROD/SHUTTERSTOCK

Borrow these tips for securing a loan

JANE DOUCET
For Metro

When Stephanie Holmes-Winton's clients tell her they want to get a bank loan, the first question she asks is what they plan to do with the money.

"It's important to determine whether it's in the client's best financial interest to borrow," said Holmes-Winton, the CEO of The Money Finder, a Dartmouth, N.S.-based financial services training company.

"If their plan is important enough to put a loan in place then we explore the options."

Holmes-Winton offers these borrowing-savvy tips:

Ask the right questions. When shopping for a mortgage, for example, know what to ask beyond the interest rate, term and amortization. Inquire how much you will owe when it comes up for renewal, if you can put extra payments on it if you want to pay it off faster and if there is a penalty for doing so, and whether there is a penalty for paying off the mortgage before the end of the term.

Don't beg for more

- When it comes to borrowing money, Stephanie Holmes-Winton, the CEO of The Money Finder, cautions against falling prey to what she calls the "Oliver Twist syndrome." "That means don't ask the lender for more money than you need," she said. Instead, get adequate information about the loan before deciding whether to sign on the dotted line.

Use a line of credit wisely. Home improvements can boost resale value, but only if you don't borrow more than you think you will get back from the reno. "Don't treat a home equity line of credit like a credit card," Holmes-Winton said. "And ask if it shows up on your credit score because it could skew the score." Find out the interest rate and check to see if there are penalties for paying it off early.

Look beyond monthly payments. To buy a new car, you can get a loan through a bank or the dealership. When hammering out financing with the dealer, don't get suckered by a low sticker price. "We get sold on low monthly payments, but they can be stretched out to eight years," Holmes-Winton said. At that point, you would still be paying the loan while your wheels might need major repairs. Ask about monthly cost add-ons such as life insurance and extended warranty.

Proper planning is the key when trying to turn a small business idea into a reality. MONKEY BUSINESS IMAGES/SHUTTERSTOCK

Small business. A plan is critical

YLVA VAN BUUREN
For Metro

Starting your own business is never as easy as it seems and the better prepared you are going in, the better chance of success you have, says Lee Helkie, a Toronto financial adviser with Advocis, The Financial Advisors Association of Canada.

We often see someone who wants to start a business because they have a great idea or a passion for something and that is important, Helkie said. "But make sure there's a viable business there that can make money."

Proper planning — financial, operational, marketing, and managerial — is the key to turning the idea into a reality, according to the Canadian Bankers Association (CBA). A business plan is critical.

Here are tips to get you started:

• Keep your emotions in check. Whatever this is, you have to make money. "It's a business — treat it that way," Helkie said.

• Speak to someone in the business so you understand profitability factors and day-to-day logistics (for example, if you want to open a bake shop, bakers have to get up at 3 a.m.)

• Be clear about capital and cash flow needs. "You don't have to plan to every penny … but you need to have a guide."

• The best financing scenario is that you use your own money, Helkie said. "There's also lots of financing support including government grants for small business … you just have to be wily about seeking it out." Visit the following link from the Canadian Business Network for more (canadabusiness.ca/eng/program/search/).

• Speak to your bank. But be sure that your credit history is accurate, the CBA says. Before a loan is approved, financial institutions check your credit rating and the credit capacity of your business through a credit reporting agency.

• If you have to borrow, be reasonable in terms of credit and collateral. "For example, don't get into a situation where you could lose your house," Helkie says.

Check your mortgage agreement first because not all mortgages have prepayment privileges. WAVEBREAKMEDIA/SHUTTERSTOCK

Mortgages

Prepayments can save you money

Making prepayments on your mortgage could save you thousands of dollars over the years — as long as your mortgage lender allows them.

A mortgage prepayment is any amount you pay in addition to your regular payments. This can include increasing the amount of your regular mortgage payments or making a lump-sum payment to reduce or pay off your mortgage balance.

The sooner you can make prepayments, the less interest you will pay over the long term.

For example, consider a 25-year mortgage of $150,000 with a 5.45 per cent interest rate. Assuming the interest rate remains the same over the life of the mortgage, the monthly payments would be about $911. Increasing the payments by $50 per month would pay off the mortgage two years sooner and save $14,000 in interest.

A one-time lump-sum payment of $15,000 in the second year of that same mortgage would result in paying off the mortgage more than four years earlier and saving more than $33,000 in interest.

Check your mortgage agreement first because not all mortgages have prepayment privileges. A closed mortgage may require you to pay a penalty or fee for any prepayment.

Federally regulated financial institutions, such as banks, must show your prepayment options in an information box at the beginning of your mortgage agreement. It will specify whether you can make prepayments, when you can do so, plus other related terms and conditions. Read your mortgage agreement carefully, and before signing ask the lender to explain anything that you don't understand.

NEWS CANADA

Shopping questions

When shopping for a mortgage, ask the following questions:

- How much can I prepay without penalty or fee?
- Is there a minimum amount for a prepayment?
- When can I make prepayments?
- Are there any conditions or limitations?
- If there are fees or penalties, how much are they, and how are they calculated?
- The Financial Consumer Agency of Canada has more information at itpaystoknow.gc.ca.

Make informed investment choices

Much like planning a trip, the key to successful investing is having the right information, a well-constructed plan and, often, the right advice.

You don't need a PhD in history to visit ancient Rome, but reading a travel brochure before your trip will give you information to help you decide how much time to spend there. Once you know the basics, a travel adviser can suggest where to stay and eat and which places of interest to visit.

On your financial journey, knowing some basics will help you ask the right questions, obtain the best advice and feel confident about your decisions.

Here are some key principles that will help you manage your investments effectively over time:

- Choose your investments based on when you expect to need the money.
- Spread money among different investments (called diversifying your portfolio) to soften the impact of any major changes in the market.

Full costs

"Make sure you understand the full costs of your investments."

- If you need to withdraw money from a mutual fund earlier than planned, take it from a fund that does not impose a penalty for early withdrawal.
- Make sure you understand the full costs of your investments.
- Once a year, or anytime you experience a major life change, review your investment choices and make changes if appropriate.

NEWS CANADA

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Blue Jackets set record straight in Toronto

Columbus Blue Jackets goaltender Sergei Bobrovsky watches as teammate James Wisniewski scrambles the puck away from Toronto Maple Leafs Tyler Bozak and Carl Gunnarsson on Monday night at Air Canada Centre. Defenceman Dalton Prout and centre Artem Anisimov scored in the second period as the Blue Jackets held off the Leafs for a 2-1 victory.

CHRIS YOUNG/THE CANADIAN PRESS

Jays arms 'allergic to the strike zone'

Spring training. Toronto pitchers give up eight walks in loss to Minnesota

Kevin Correia threw three hitless innings and a split squad of Minnesota Twins beat the Toronto Blue Jays 12-2 Monday.

Correia, who was 9-13 last year, permitted just one walk.

"Trying to get command of all my pitches," he said.

Blue Jays starter J.A. Happ struggled, walking four and giving up a double and single while getting only one out.

Six Toronto pitchers combined for eight walks.

"Couldn't throw strikes," Blue Jays manager John Gibbons said. "We were allergic to the strike zone today on the mound."

He indicated Happ was not excessively wild.

"It wasn't like he was scattered all over," Gibbons said. "He was close. So, you got to keep it on the zone. Let them hit the ball. That's the approach you got to have looking for contact."

Happ said he's ready to put this outing behind him.

"Just anxious to get out there and do it again," he said.

"I felt like I was making good pitches," he said. "The ones they took were just off and I wasn't as sharp with my fastball command as I need to be."

Jermaine Mitchell homered for the Twins. He went 3 for 3 with a double and four RBIs. Brian Dozier hit two doubles.

Edwin Encarnacion hit a two-run homer for Toronto. He hit 36 homers last season.

"We don't worry about Edwin," Gibbons said.

THE ASSOCIATED PRESS

On Monday

Twins	Blue Jays
12	2

- Challenged for the first time under MLB's expanded replay system, umpires got it right. The umps went 3 for 3 on Monday as MLB tried out the new format at three spring training games.
- The first test came after first base umpire Fieldin Culbreth ruled Toronto shortstop Munenori Kawasaki's throw pulled Jared Goedert off the bag in the sixth.
- "I'm not too sure that you're not right here," Culbreth said Jays manager John Gibbons told him, "but since we haven't done it before, let's go take a look."

John Gibbons THE CANADIAN PRESS

NFL

Bills choose not to put franchise tag on safety Byrd

Bills general manager Doug Whaley is done playing franchise tag with safety Jairus Byrd.

After spending much of the past year trying to negotiate a long-term contract, Whaley preferred risking the loss of Byrd in free agency rather than applying the one-year tag on the three-time Pro Bowler for a second consecutive season.

"We didn't think it was the best option for the team, for us to get better," Whaley said shortly after the NFL's deadline for teams to designate franchise players passed Monday afternoon. "The best thing for the Buffalo Bills was to try to get him signed to a long-term deal."

THE ASSOCIATED PRESS

Figure skating

Chan to sit out worlds in Japan

Toronto's Patrick Chan is giving the world championships a miss, but he isn't finished with competitive figure skating just yet.

Patrick Chan GETTY IMAGES

Chan captured two silver medals at last month's Sochi Winter Games — men's singles and the inaugural team event. But he doesn't have the urge to resume training to defend his world title when the event is held in Saitama, Japan, later this month. THE CANADIAN PRESS

Athletes overcoming the post-Sochi blues

Olympics. Taking a time out appears to be best form of medicine

Members of Canada's Team 3 react after a crash during the four-man bobsled heats at the Sochi Olympics on Feb. 22. JULIAN FINNEY/GETTY IMAGES

Heading into the Olympics, every single day of an athlete's life is structured.

Then — medal or no medal — that comes to an instant end once they step off the ice or get to the bottom of the hill of their Olympic event.

That makes the weeks and months right after a Games a challenging time for many athletes left with uncertain futures and free time on their hands.

"There's always talk about this post-Olympic lull or depression," said bobsledder Cody Sorensen of Ottawa, who just competed in the Sochi 2014 Games. "For me, it's been the opposite."

He hasn't seen the inside of a gym since the Olympics and his eating and sleeping habits are way off, too.

"It's so liberating," said the 27-year-old from Ottawa.

"I haven't gotten more than four or five hours of sleep a night in the last week but I'm not stressing about it," he said.

Olympic ice dance and team event silver medallists Tessa Virtue and Scott Moir have also been enjoying a break since the Games.

"That was a pretty good training session," Moir said Monday, after a 20-minute skate at the Harbourfront Centre with elementary school kids in an RBC skate program.

"You get a bit addicted to being in shape and already it feels a bit weird," Moir said. "In the next week we'll be getting back."

The London, Ont., duo are skipping this month's world championships in Japan, in part to be able to celebrate their silver medals.

"We don't want to miss the opportunities to be part of that bigger Olympic spectrum that goes on past Feb. 22 and into March and April," said Moir.

TORSTAR NEWS SERVICE

The thrill is gone

"You work four years for one event and then it's suddenly over."

Alpine snowboarder Caroline Calvé, describing the feeling of letdown in the days following the Olympics.

World Cup

Time to heed lessons of Brazil burden

CATHAL KELLY
Special to Metro

On Saturday, the roof of the World Cup stadium in Belo Horizonte came apart in a storm and fell onto the pitch. Three hours later, they played a game there anyway.

The drainage system malfunctioned. The contest took place in splash-pool conditions.

Four other stadiums are not yet completed. Two of them aren't due for delivery until April.

Much of the infrastructure has been abandoned. Driving is impossible. There is no viable rail system. Flights are hard to find, and the prices usurious.

The potential for violence is another real concern.

Tuesday marks 100 days until the start of the 2014 World Cup in Brazil. Here's the really frustrating thing — it will all come off somehow.

Success is a function of TV. The proof is in the difference between my up-close impressions of Sochi and those of friends who watched it on TV. I found the place shabby and depressing. They thought it looked great. Success!

Brazil 2014 won't work well. But it will look good on TV.

It's obvious many average Brazilians have no desire to pay for the world's party.

At some point, this crooked system will collapse under its own weight. It's only been supported this long based on "fairness". Why should the First World get to host all the best parties?

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Horoscopes

♈ Aries
March 21 - April 20
Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

♉ Taurus
April 21 - May 21
You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

♊ Gemini
May 22 - June 21
The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

♋ Cancer
June 22 - July 23
You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

♌ Leo
July 24 - Aug. 23
Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

♍ Virgo
Aug. 24 - Sept. 23
Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

♎ Libra
Sept. 24 - Oct. 23
Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

♏ Scorpio
Oct. 24 - Nov. 22
Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

♐ Sagittarius
Nov. 23 - Dec. 21
The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

♑ Capricorn
Dec. 22 - Jan. 20
You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

♒ Aquarius
Jan. 21 - Feb. 19
You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

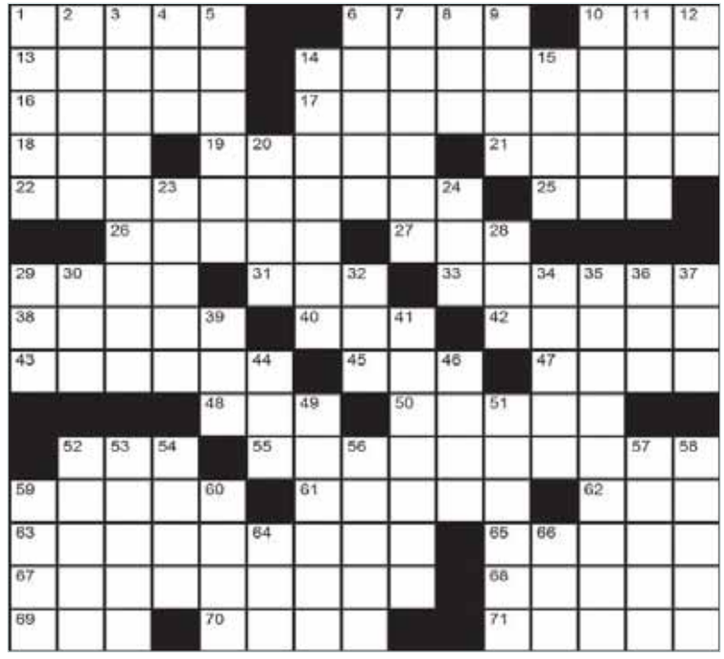
♓ Pisces
Feb. 20 - March 20
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

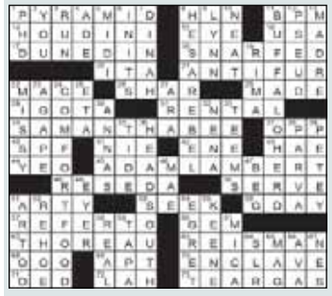
BY KELLY ANN BUCHANAN



Across
1. Desert transport
6. Historic Canadian Louis
10. "Swamp Pawn" channel
13. "Star Trek" role
14. New Orleans carnival: 2 wds.
16. Cow's 'first stomach'
17. Nightclub service: 2 wds.
18. Furniture wood
19. Launch
21. Friends, olden-days style
22. Legendary singer/songwriter/pianist: 2 wds.
25. Joe __ (Canadian who is the Creative Director of ELLE Magazine)
26. New Zealand people
27. Meas. from a circle's centre
29. Old†Testament son
31. PM or Pres., e.g.
33. Pro dancer Mr. Chmerkovskiy
38. Like green-covered stones
40. Conclusion
42. Hawk type
43. Maintenance
45. Meet
47. Microsoft's search engine
48. ABBA song
50. Will, fancy-style
52. HBC part
55. 1987 Sci-Fi movie spoof
59. Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'Snow-flake' in Inuktitut
61. Showbiz kid Ms. Willis
62. Mr. Wallace
63. Constellation; or, Gene Roddenberry created TV series
65. Pointed arch
67. April Wine song: 2 wds.
68. Canadian musician Mr. Zappacosta
69. Rapper, __ Rida
70. Auction actions
71. Bible-sounding verb

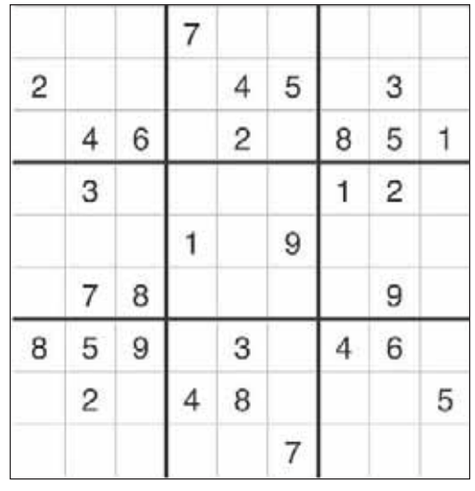
Down
1. Doctor
2. Song from 1961 Elvis movie "Blue Hawaii": "Rock-_-__ Baby"
3. Treasure of ancient Egypt: 2 wds.
4. Bard's 'before'
5. Welcome cry from a ship's crowsnest!: 2 wds.
6. French painter Mr. Dufy (b.1877 - d.1953)
7. More angry
8. Summer hrs. indicator
9. Defeat
10. Greek island
11. Papier-__
12. Frowning-upon sound effects
14. Country music's Martina
15. Robert __, PEI Premier
20. Peer
23. Reason
24. "Cheers" bar-tender
28. Lightly apply
29. Three-lettered bird
30. Drench
32. Medical pros
34. Samuel Taylor Coleridge poem, __ Khan
35. Bowl of apples painting, for instance: 2 wds.
36. Canadian broad-caster Marci
37. "I'm a __: half man, half dog. I'm my own best friend." — John Candy in #55-Across
39. Not no
41. Vintage Sony CD-player
44. Neg. opposite
46. Yoredom's 'you'
49. Banquet
51. Overseas
52. Commonplace
53. "Then...?": 2 wds.
54. Portable dwelling of Mongolia
56. Luxury cars
57. Mr. Strauss' pants
58. Sugary
59. Sailing spar sort
60. Hoda __ (NBC day-time chat personality)
64. Ath.'s injury scan
66. __ Worm (Toy)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

Indian Spritual Astrologer
PANDIT: DEVDAS SWAMY
100% GUARANTEE
EVERY PROBLEM HAS A SOLUTION...MEET ME ONCE
Overpowers Impossible Problems
HEALTH * JOB * MONEY FAMILY PROBLEM * JEALOUSY
LOVE * MARRIAGE * DIVORCE * ENEMY * EDUCATION
SEXUAL * COURT * CHILDREN MISTAKE * BUSINESS ETC
He will Remove & Destroy
all Bad Luck and Negativity, Black Magic, Witchcraft,
Voodoo, Obeya, Evil and he gives 100% Protection.
647-622-9097 / 647-719-3459
5210 Finch Ave E. #1, Scarborough, M1S 4Z6
(MIDDLEFIELD & FINCH, INSIDE GOLDEN BAKERY)

Indian Famous Astrologer
Pandit: SHANKAR SHASTRY
I will Remove Black Magic,
Evil Spirit, Bad Luck,Evil
Eyes, Jealousy & any Problem.
Love * Money * Job * Health
Relationship * Family * Court
Children * Divorce Etc
100% Guarantee, QUICK Results
647-330-6629
67A Dundas St. W (Dundas & Hwy 10)

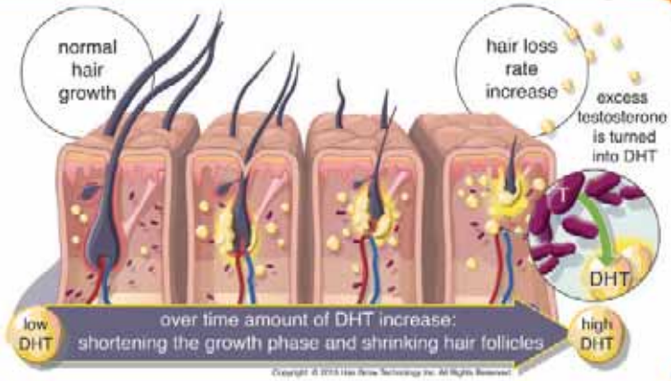
STOP HAIR LOSS

#1 SELLING IN CANADA

for MEN and for WOMEN

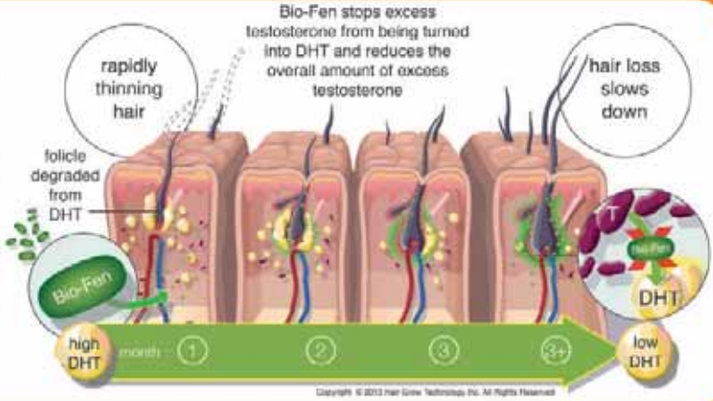
What Causes Hair Loss?

Hair loss is caused by multiple factors; health, medication, diet, stress, illness and hereditary genetics. One major reason is hereditary genetics which determine our potential hair loss condition. Some people see hair loss in their 20's, while others see little hair loss over their lifetime. An enzyme called 5-alpha reductase converts testosterone into dihydrotestosterone (DHT), which inhibits hair production and degrade the follicles over time. This condition is known as androgenic alopecia (AGA), also called male and female pattern baldness. As DHT attack the hair follicles it will lead to thinner and more fragile hair as you age.


normal hair growth
hair loss rate increase
excess testosterone is turned into DHT
DHT
low DHT
over time amount of DHT increase:
shortening the growth phase and shrinking hair follicles
high DHT

How does Bio-Fen® PLUS work?

The fenugreek seed extract in both formulas reduces excess blood lipid levels. Fenugreek contains an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average).



How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. Once you stop completely your hair growth pattern will slowly go back to the point where you started.

See our website to locate your nearest store that carries *Bio-Fen® Plus.*

www.biofen.com • 1-866-424-7745

Available at Health Food Stores, Supplement Stores & Independent Pharmacies

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH*** *(e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).*
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

Save $5.00 off your purchase!

COUPON:

Each coupon is valid for one bottle of Bio-Fen® Plus for Men or Bio-Fen® Plus for Women. Valid one coupon per bottle. Coupon is void when reproduced or altered in anyway. Coupon expires on **June 30, 2014.** Retailers must submit all coupons with a copy of the receipt for reimbursement to Hair Grow Technology with 30 days after the expiration date.